

## Experiences Related to Death and Dying

*This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.*

An M.D. reports on the experience of a fifty-six-year-old, terminally ill woman with metastatic breast cancer. She was aware of having only a short time to live and chose to be at home with hospice support and her family. She was having more and more frequent “foggy periods” and was barely arousable when the doctor played *Touring the Interstate* from the *Going Home Series* at her bedside. She became very relaxed and slack as the Focus levels increased to 27. Returning, she stirred actively at *Focus 15*, then fully awoke back at *C-1*, smiled, and drifted off to sleep. She died several days later after listening to both exercises on the tape more times. Her husband had played the *Relocation Theme* at her death. As he sat holding her hand during this, he clearly and deeply felt her lift off—and his sense of burden go at the same time. A month later he feels very much at peace, with a sense of completion.

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The scheduled doses of morphine were no longer controlling the pain of his terminal cancer. When the doctor started continual morphine drips, it was hard to know if he was sleeping or not because even when awake, he wasn't really here. His wife played the *Pain Management* tape and he very soon fell into a deep sleep with his abdomen breathing rhythmically. In the morning he was much more alert and asked for more tapes. *Energy Walk* was his favorite. The following day he was even more alert and asked the doctor to remove the morphine drips. He passed away peacefully this morning.

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A clinical psychologist, who incorporated the concepts and images of the *Going Home Series* in working with a patient in the final process of dying, found especially helpful “the image of the metamorphosis of the caterpillar into a butterfly, specifically the inability of the caterpillar to know ahead of time the beauty and freedom it would enjoy at its transition.”

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The brain tumor was inoperable. His wife had accepted the fact that these were his last weeks but was terribly distressed by the growing frequency of the seizures that wracked his entire body. “I want him to go peacefully, not from a seizure,” she said. She had been the helpless witness of enough of these episodes that she recognized the increase in physical restlessness that marked the onset of a seizure. After being given *Hemi-Sync* tapes by a friend, she turned on the cassette player as soon as she saw the beginning of the twisting and turning. Her husband had no further seizures, and when it was time to go, he did so peacefully.

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While visiting a terminally ill friend, I asked about the tape that was playing in the room while he was asleep, and the hospice nurse told me about *Going Home*. The next day another *Going Home* tape was just starting, and I decided to relax in the chair, close my eyes, and follow the instructions on the tape. It was a wonderful experience—peaceful, reassuring, and inspiring. I bought my own set of tapes and find them a very rewarding and guide for living as well as for dying.

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At first, I was very disappointed that I couldn't use the *Going Home* tapes for my mother because she didn't understand English. Then I translated the English words and played the tapes for her while I read the translation. In her last weeks we had many important talks about her experiences with *Going Home*. In some ways, we became closer than we had ever been. I'm very grateful for this help in living my mother's death.

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